

Evidence Based Practice: Our reality

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Introduction

Evidence Based Practice is a coherent, safe and organised way of establishing professional practices in order to optimise all available resources, including all stakeholders in the therapeutic and decision-making complex¹.

It is defined as the “integration of the best research evidence with patients’ values and clinical circumstances in decision making”^{3,4}.

Objectives

To describe how Evidence Based Practice is implemented and applied.

Methods

We conducted a quantitative and descriptive study using the Evidence Based Practice Questionnaire (EBPQ) divided into three subscales: Practice, attitude, and knowledge/skills. Inclusion criteria were: Health care professionals with various functions in the clinic. Data were collected in November 2016^{3,4}.

Results

Almost every question had an average score of 5 or higher, showing that our health care professionals were aware of the importance of Evidence Based Practice. However, there were 3 items with an average score <5: “Research skills”, “Monitoring and reviewing of practical skills” and “Converting your information needs into research questions” of the third subscale “Knowledge/skills”.

Conclusion

The results in the “Knowledge/skills” subscale showed that the greatest difficulty we have as health professionals is to implement Evidence Based Practice into our day-to-day practice and raise new issues that might optimise treatment results².

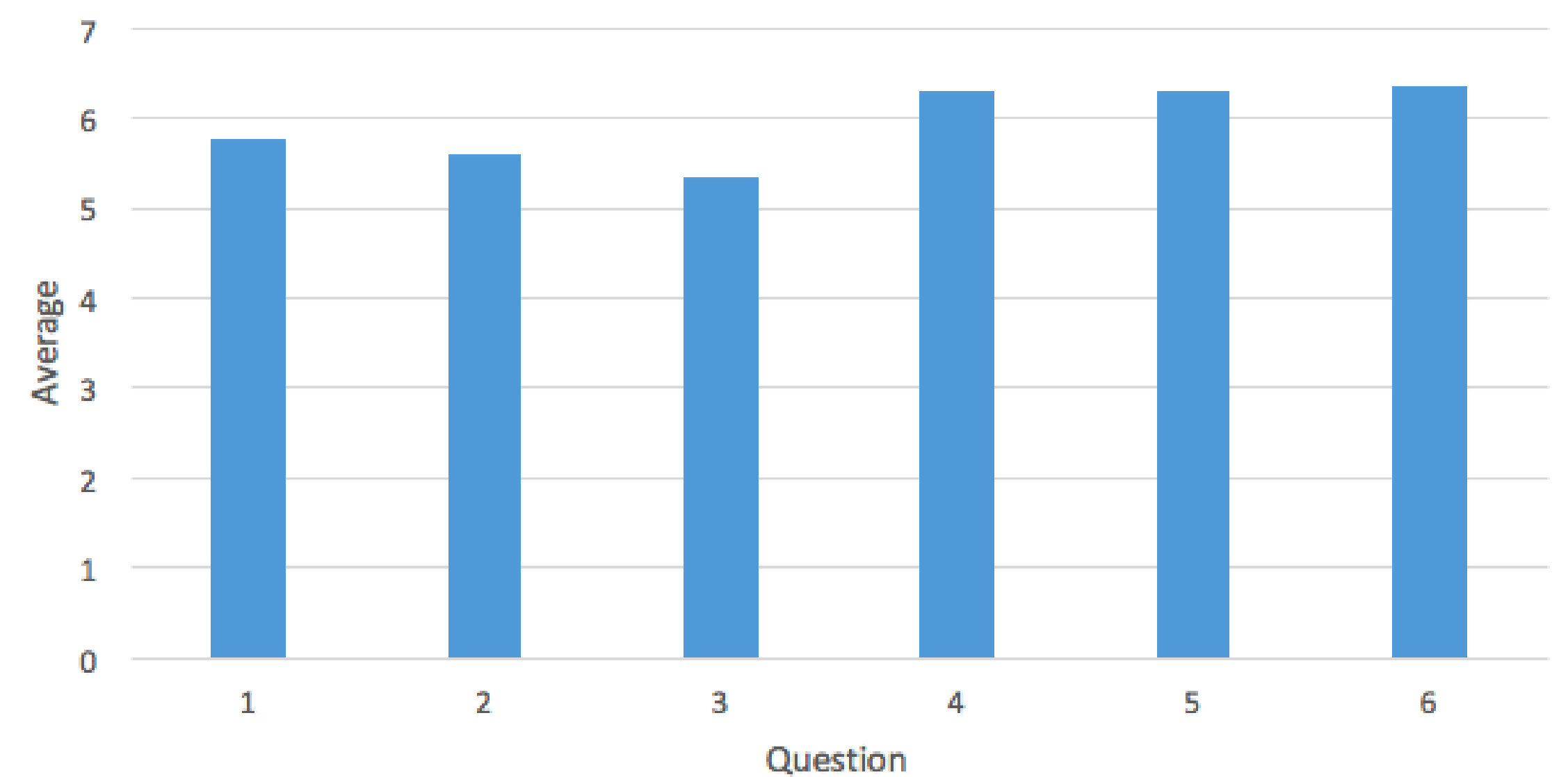


Figure 1: Practice

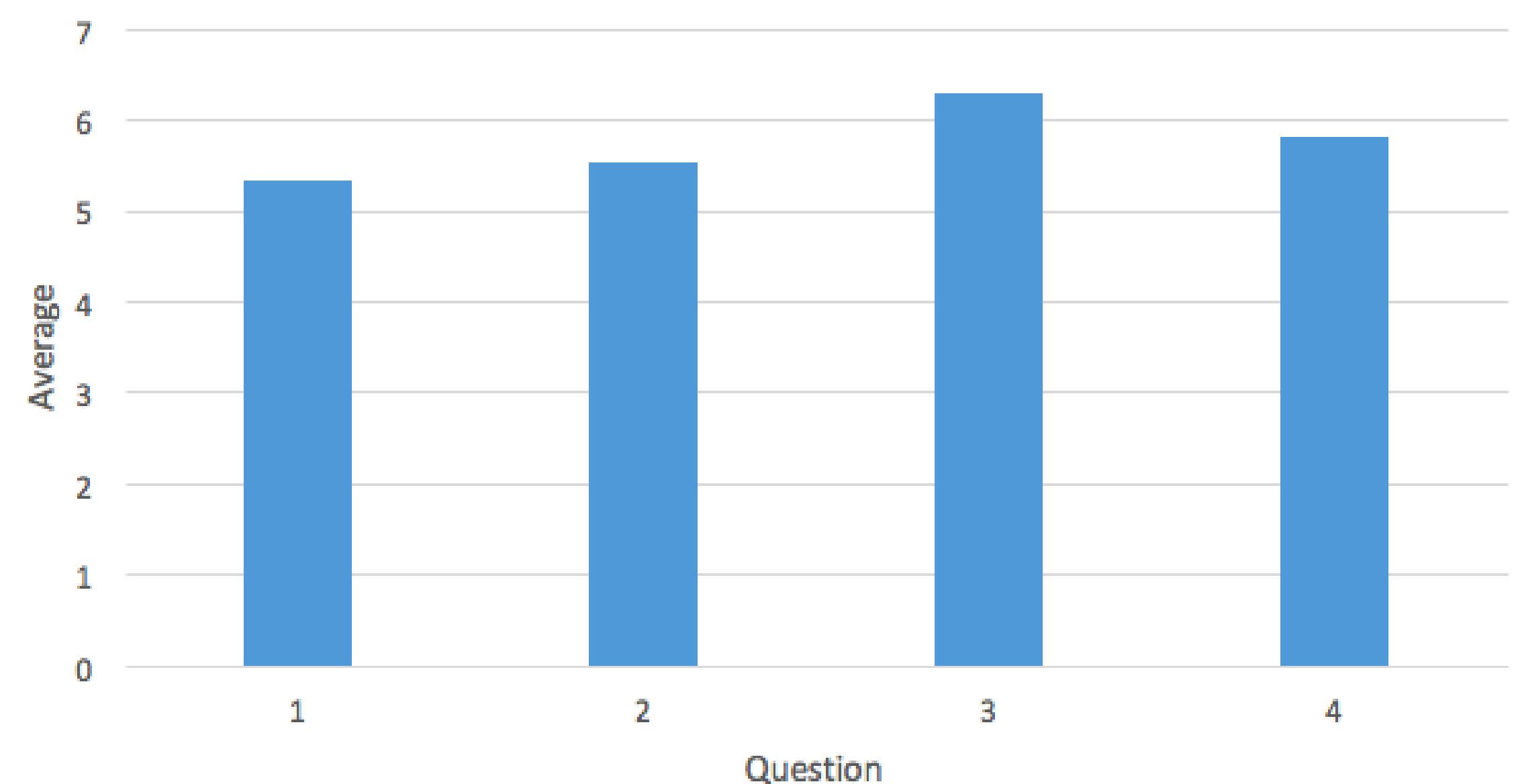


Figure 2: Attitudes

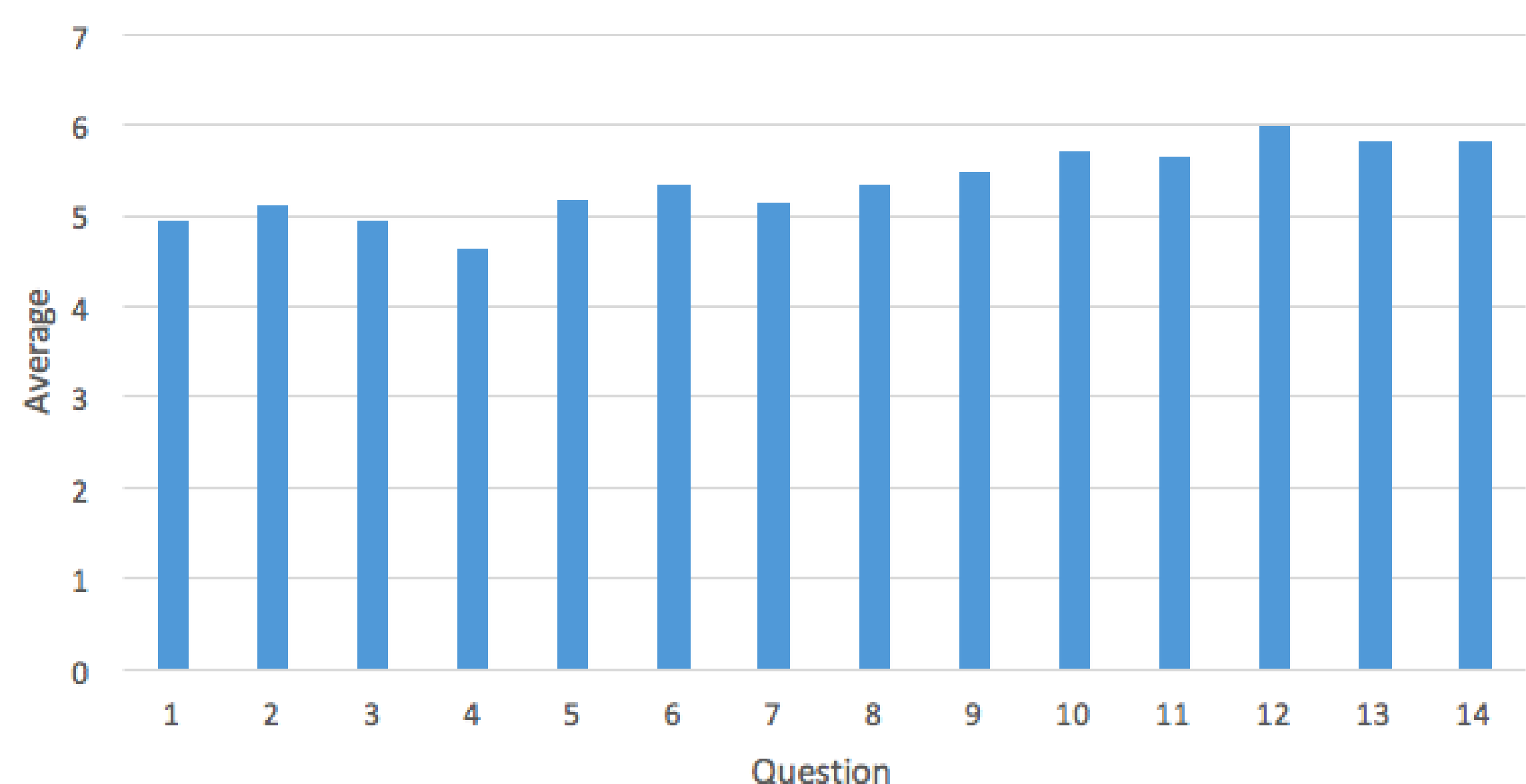


Figure 3: Knowledge/Skills

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